



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES  
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE  
CHILD AND ADULT CARE FOOD PROGRAM  
**MENU – USDA REQUIREMENTS**

NAME OF CENTER/FACILITY Advanced Eat Smart Center #10

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>			Peanut Butter French Toast	Toasted Cheese Sandwich	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>5x whole, 1x fresh F/V</b>	Fruit Cocktail- canned, unsweetened	Bananas- fresh	Pears- canned, unsweetened	Pineapple- canned, unsweetened	Applesauce- unsweetened
Grains/Bread Component <b>3x Whole Grain, 0x sweet</b>	Oatmeal (WG)	Cheerios cereal (WG)	French Toast Sticks	Whole Wheat Toast (WG)	Cinnamon Rolls without Icing **not a sweet**
Other Foods <b>2x Meat/Meat Alternate</b>			Peanut Butter; **no syrup**	Cheese Slice	
<b>LUNCH</b>	Sausage Rigatoni	Chicken Fried Rice	Baked Scrambled Eggs	Tuna Salad (HM)	Tater Tot Casserole
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Spinach- fresh	Peas and Carrots- frozen	Green Beans- canned	Cucumbers- fresh	Green Beans- canned
<b>4x fresh</b>	Peaches- canned, unsweetened	Plums- fresh	Applesauce- unsweetened	Oranges, Plums, Bananas- fresh	Pineapple- canned, unsweetened
Grains/Bread Component <b>4x Whole Grain</b>	Whole Wheat Rotini (WG)	Brown Rice (WG)	Whole Wheat Toast (WG)	Ritz Crackers	Whole Wheat Bread (WG)
Meat or Meat Alternate <b>1x highly processed</b>	Sausage	Chicken	Eggs	Tuna	Ground Beef
Other Foods	Spaghetti Sauce				Tater Tots- frozen
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>				Turkey and Cheese Wrap	Chex Mix (HM)
Fluid Milk		Skim Milk			Skim Milk
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>	Apples- fresh	Oranges- fresh	Peaches- canned, unsweetened		
Grains/Bread Component <b>2x Whole Grain, 0x sweet</b>				Whole Wheat Tortilla (WG)	WG Wheat, Rice, & Corn Chex cereal, Cheerios(WG)
Meat or Meat Alternate <b>3x Meat/Meat Alternate</b>	Peanut Butter		Yogurt	Turkey, Cheese	
Other Foods					

MO 580-1463 (6-04)

\*Sweet Snack includes sweet items and grain-based snack chips/croissants

\*\*WG = whole grain

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WEEK OF Week 2

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>			Apple n' Yogurt French Toast	Breakfast Burrito	Biscuits and Gravy
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>5x whole, 2x fresh F/V</b>	Bananas- fresh	Pears- canned, unsweetened	Applesauce- unsweetened	Fruit Cocktail- canned, unsweetened	Oranges- fresh
Grains/Bread Component <b>3x Whole Grain, 0x sweet</b>	Cheerios cereal (WG)	Whole Grain Bagels (WG)	French Toast Sticks	Whole Wheat Tortilla (WG)	Biscuits
Other Foods <b>2x Meat/Meat Alternate</b>		Cream Cheese	Yogurt, **no syrup**	Eggs, Cheese	Gravy
<b>LUNCH</b>	Chicken Quesadilla	Mozzarella Meatloaf (HM)	Fish Sticks (CN)	Cashew Chicken (HM)	Sloppy Joes (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Corn- frozen	Green Beans- canned	Broccoli- frozen	Peas- frozen	Spinach- fresh
<b>3x fresh</b>	Peaches- canned, unsweetened	Applesauce- unsweetened	Mango/Pineapple Mix- frozen, unsweetened	Bananas- fresh	Plums- fresh Apples- fresh
Grains/Bread Component <b>3x Whole Grain</b>	Whole Wheat Tortilla (WG)	Whole Wheat Bread (WG)	Breading (CN)	Brown Rice (WG)	Hot Dog Buns
Meat or Meat Alternate <b>1x highly processed</b>	Chicken, Cheese	Ground Beef, Mozzarella Cheese	Fish Sticks (CN)	Chicken	Ground Beef
Other Foods				Cashews	Sloppy Joe Sauce
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>					
Fluid Milk			Skim Milk	Skim Milk	
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>	Mixed Fruit- frozen, unsweetened			Sweet Potato Fries- frozen	Cherry Tomatoes- fresh
Grains/Bread Component <b>2x Whole Grain, 1x sweet</b>	Whole Wheat Melba Toast (WG)	Saltine Crackers	Whole Grain Cereal Bars (WG) (sweet)		
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>		Tuna Salad (HM)			Cottage Cheese
Other Foods					



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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>			Peanut Butter Pancakes		
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>5x whole, 1x fresh F/V</b>	Mixed Fruit- canned, unsweetened	Bananas- fresh	Peaches- canned, unsweetened	Pineapple- canned, unsweetened	Strawberries- fresh
Grains/Bread Component <b>5x Whole Grain, 1x sweet</b>	Whole Wheat English Muffin (WG)	Honey Grahams Cereal (WG) (11 g sugar→sweet item)	Whole Wheat Pancakes (WG)	Whole Wheat Toast (WG)	Oatmeal Bars (WG) (HM) **not a sweet**
Other Foods <b>2x Meat/Meat Alternate</b>	Cheese Cubes		Peanut Butter; **no syrup**		
<b>LUNCH</b>	Beef Taco Salad	Parmesan Chicken (HM)	Tuna Casserole	Spaghetti with Meat Sauce	Chili (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables <b>3x fresh</b>	Corn- frozen	Green Beans- canned	Broccoli and Cauliflower- fresh	Carrots- fresh	Peas- frozen
	Peaches- canned, unsweetened	Plums, Bananas, Apples- fresh	Pears- canned, unsweetened	Applesauce- unsweetened	Mango/Pineapple Mix- frozen, unsweetened
Grains/Bread Component <b>3x Whole Grain</b>	Corn Chips	Whole Wheat Bread (WG)	Whole Grain Elbows (WG)	Whole Grain Spaghetti (WG)	Saltine Crackers
Meat or Meat Alternate <b>0x highly processed</b>	Ground Beef	Chicken	Tuna	Ground Beef	Ground Beef, Chili Beans
Other Foods		Parmesan Cheese		Spaghetti Sauce; Ranch Dressing	
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>				Peanut Butter Crackers	
Fluid Milk					Skim Milk
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>	Carrots- fresh	Strawberries- frozen, unsweetened	Apples- fresh		
Grains/Bread Component <b>2x Whole Grain, 0x sweet</b>		Whole Wheat Bagel (WG)		Ritz Crackers	Whole Wheat Goldfish Crackers (WG)
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>	Cottage Cheese		Cheese Slices	Peanut Butter	
Other Foods	Ranch Dressing				

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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>	Peanut Butter Waffles			Breakfast Pizza	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>5x whole, 1x fresh F/V</b>	Peaches- canned, unsweetened	Bananas- fresh	Fruit Cocktail- canned, unsweetened	Pineapple- canned, unsweetened	Applesauce- unsweetened
Grains/Bread Component <b>4x Whole Grain, 0x sweet</b>	Whole Wheat Waffles (WG)	Cheerios cereal (WG)	Whole Wheat Bagel (WG)	Whole Wheat English Muffin (WG)	Cinnamon Rolls without Icing **not a sweet**
Other Foods <b>2x Meat/Meat Alternate</b>	Peanut Butter; **no syrup**			Scrambled Eggs, Cheddar Cheese	
<b>LUNCH</b>	Beanie Weanies	BBQ Chicken Cups (HM)	Skillet Lasagna (HM)	Peanut Butter and Jelly Sandwich w/Cheese Cubes	Bean and Cheese Burrito (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables  <b>5x fresh</b>	Broccoli- frozen	Baby Carrots- fresh	Cauliflower- fresh	Cucumbers- fresh	Corn- canned
	Strawberries- fresh	Peaches- canned, unsweetened	Applesauce- unsweetened	Oranges- fresh	Pears- canned, unsweetened
Grains/Bread Component <b>4x Whole Grain</b>	Whole Wheat Bread (WG)	Biscuits	Whole Wheat Lasagna (WG)	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)
Meat or Meat Alternate <b>1x highly processed</b>	Hot Dogs	Chicken	Ground Beef	Peanut Butter, Cheese Cubes	Beans, Cheese
Other Foods		BBQ Sauce	Spaghetti Sauce	Jelly; Ranch Dressing	
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>				Cheesy Tots	
Fluid Milk					Skim Milk
Juice, Fruit, or Vegetable <b>4x whole fruits/vegetable</b>	Bananas- fresh	Grapes- fresh	Pineapple- canned, unsweetened	Tater Tots- frozen	
Grains/Bread Component <b>2x Whole Grain, 1x sweet</b>	Whole Wheat Bagel (WG)				No Bake Cookies with Oats (WG) (HM) (sweet)
Meat or Meat Alternate <b>3x Meat/Meat Alternate</b>		Yogurt	Cottage Cheese	Shredded Cheddar Cheese	
Other Foods					



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WEEK OF Week 5

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>				Strawberry Cream of Wheat	Peanut Butter Pancakes
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>5x whole, 1x fresh F/V</b>	Fruit Cocktail- canned, unsweetened	Applesauce- unsweetened	Peaches- canned, unsweetened	Strawberries- fresh	Pineapple- canned, unsweetened
Grains/Bread Component <b>4x Whole Grain, 1x sweet</b>	Whole Grain Wheat Chex cereal (WG)	Donuts (sweet)	Whole Wheat Toast (WG)	Cream of Wheat	Whole Wheat Pancakes (WG)
Other Foods <b>2x Meat/Meat Alternate</b>			Cottage Cheese		Peanut Butter; **no syrup**
<b>LUNCH</b>	Taco Rice	Macaroni and Cheese with Ham (HM)	Dorito's Casserole	English Muffin Pizza	Grilled Cheese Sandwich
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Green Beans- canned	Peas- frozen	Broccoli- frozen	Baby Carrots- fresh	Spinach- fresh
<b>3x fresh</b>	Apples- fresh	Pears- canned, unsweetened	Fruit Cocktail- canned, unsweetened	Applesauce- unsweetened	Peaches- canned, unsweetened
Grains/Bread Component <b>5x Whole Grain</b>	Brown Rice (WG)	Whole Wheat Elbows (WG)	Whole Grain Dorito Tortilla Chips (WG)	Whole Wheat English Muffin (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate <b>0x highly processed</b>	Ground Beef	Ham, Cheese	Chicken	Ground Beef	Cheese
Other Foods					
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>				Cheese Quesadilla	
Fluid Milk					Skim Milk
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>	Carrots- fresh	Bananas- fresh	Pineapple- canned, unsweetened		
Grains/Bread Component <b>2x Whole Grain, 0x sweet</b>		Graham Crackers		Whole Wheat Tortilla (WG)	Whole Wheat Goldfish Crackers (WG)
Meat or Meat Alternate <b>3x Meat/Meat Alternate</b>	Cottage Cheese		Yogurt	Cheese	
Other Foods	Ranch Dressing				

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WEEK OF Week 6

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>		Strawberry n' Yogurt Waffles	Cheese Muffin	Biscuits and Gravy	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>5x whole, 1x fresh F/V</b>	Peaches- canned, unsweetened	Strawberries- frozen, unsweetened	Fruit Cocktail- canned, unsweetened	Oranges- fresh	Applesauce- unsweetened
Grains/Bread Component <b>3x Whole Grain, 0x sweet</b>	Whole Wheat Toast (WG)	Whole Wheat Waffle (WG)	Whole Wheat English Muffin (WG)	Biscuits	Whole Wheat Bagel (WG)
Other Foods <b>3x Meat/Meat Alternate</b>	Cottage Cheese	Yogurt; **no syrup**	Cheese Slice	Gravy	Cream Cheese
<b>LUNCH</b>	Chicken Tetrazzini	Ham and Cheese Sandwich	Italian Beef and Cheese Noodles	Mexican Beef Cornbread	Chicken Nuggets (CN)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables <b>3x fresh</b>	Baby Carrots- fresh	Green Beans- canned	Romaine Lettuce- fresh	Peas- frozen	Corn- frozen
	Mango/Pineapple Mix- frozen, unsweetened	Oranges- fresh	Pineapple- canned, unsweetened	Fruit Cocktail- canned, unsweetened	Oranges- fresh
Grains/Bread Component <b>3x Whole Grain</b>	Whole Wheat Spaghetti (WG)	Whole Wheat Bread (WG)	Whole Wheat Elbows (WG)	Cornbread	Breading (CN)
Meat or Meat Alternate <b>1x highly processed</b>	Chicken	Ham, Cheese	Ground Beef, Cheese	Ground Beef	Chicken Nuggets (CN)
Other Foods			Ranch Dressing		
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>				Cheese Sandwiches	
Fluid Milk	Skim Chocolate Milk			Skim Milk	
Juice, Fruit, or Vegetable <b>4x whole fruits/vegetable</b>	Fruit Salad- fresh	Apples- fresh	Bananas- fresh		Salsa
Grains/Bread Component <b>2x Whole Grain, 1x sweet</b>			Graham Crackers	Whole Wheat Bread (WG)	Whole Grain Tortilla Chips (WG) (sweet)
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>		Peanut Butter		Cheese	
Other Foods					

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